

ROAD CLUB NEWSLETTER



March 06

DATES TO REMEMBER

Sunday 19th March, 25 mile time trial Earls Barton, 7.30am start
Wednesday 5th April, Whiston hilly time trial, 6.45pm start.

The racing season has started

It would be difficult to see how normal sane people could appreciate the wonders of cycle racing in the late winter (I am not going to call it spring yet, it doesn't deserve it). Lycra skinsuits designed for summer heat and aerodynamics, donned with the addition of a fluffy (thermal) T shirt are transformed into the cycling equivalent of a puffa jacket and salopettes. These latter items, which are usually covering at least 5 other layers of clothing, are de rigueur on the ski slopes in temperatures not much different to those for whom the skinny wheel is the preferred method of transport instead of the flat stick. "Ah but" I hear you shout back "these racing cyclist fellows are a harder lot than those nancy skiing jonnies". Well that may be true but I still can't bring myself to endure not only the pain of vigorous exercise but also the weird pain of warm blood returning to frozen extremities that haven't known such delights for a few hours. Still this exercise lark must be good for you, everyone says it is, but didn't they used to say that about smoking once?

What a start to the season, two local races and the 45 Club takes home the silverware!

The racing season seems to come round all too soon, and a lack of preparation always precedes my efforts, but not so for two of our members who have already got off to a flying start.

Third place for Graham Dolby at the Kettering 20 mile TT and winning the Brian Charouneau Memorial Trophy as the fastest rider from a Northamptonshire Club, was the reward for a winter spent training hard and torturing those who attempted to stay on his back wheel.

Sam Barker stormed round to post a 4 minute beating of his nearest rivals to win the event.

On Saturday 11th March - A5 rangers 31 & 15.4 mile Hilly TT and Sunday 12th March - 10 mile TT. In Sundays 10 Gordon was awarded the Mike Lunn Memorial Trophy presented for the best improvement or the rider closest to their 10 mile PB - which as the organiser always points out nobody should ride a PB on a freezing cold Sunday morning over a lumpy course.

There were 12 other rides by 45 members spread over the 3 races - Graham Laurie completed a wonderful weekend by turning to early in Saturday's one lap event (there were no marshals or signs and he knows the course but just thought he would go down this road - he reckon's it only cost him 30 seconds though) then during Sundays 10 what he thought was the finish wasn't and so stopped pedalling till until realising the mistake. I mean he only been racing for over 30 years!

May we all learn from these examples of winter training dedication (well there's always next year, now where did I put that bag of doughnuts).

Well done for 2005 N&DCA events for 2006

After just writing about how well our members have done at the start of this season I realised that I have to congratulate those for whom 2005 was a good year.

Liz Parsons, whilst not quite reaching the heights of 2003 and 2004 on the local and international stage, did put in some gutsy rides to reach a well earned second place in the ladies section of the N&DCA year long championship. In the process winning a couple of events, and all this after recovering from a nasty bout of shingles.

Liz's recent record in Triathlon and Duathlon would put the palmares of many "so called" top athletes to shame:-

2003 Zeitz - Germany (in what was the old East Germany)
- European Triathlon Championships - 2nd Silver Medal

Calsbad - Czech Republic - European Duathlon
Championships - 2nd Silver medal

2004 Geel - Belgium - World Duathlon Championships -
6th

Lausanne - European Triathlon Championships - 1st Gold
Medal

These results were all achieved in her veteran ladies class.

Prior to this Liz has competed in many other championships around the world.

Michael Church has also been to two world Duathlon Champs and last year Graham Laurie travelled to Newcastle, Australia for the World Duathlon Championships but crashed into a large parked van that had been there for the previous three laps finishing in the late 30's. Not much hope for him is there. Although having said that Graham Laurie was our highest placed rider in the N&DCA mens category coming a creditable 14th overall and together with Michael Church gaining the majority of points towards our club position of 8th.

Looking at how well we performed in the 2005 season long N&DCA series it made me realise that we could possibly achieve a bit more on the club front, with just a few more riders competing we could quite easily move ourselves up from a lowly but creditable 8th to maybe even a podium place. We have the riders and the talent lets put it to good use and stomp on all those other local clubs.

With the membership renewal is the district time trial handbook that includes the N&DCA events, record a note of them in your diary and make sure you enter at least 3 weeks before the event date you want to ride. You will need to use an open event entry form. If you have not got one either go on the CTT web site or contact me.

Membership subs

Unless you are a new member or have already paid after September 2005, your club membership will be due. This must be paid, for you to be able to race club and open events and buy the new club clothing.

An ideal opportunity to pay is at the first race.

The membership fee is the same as last year.

*£5.00 for 11-17 year olds.

*£12.50 for 18 and over.

*£15.00 for couples.

Please send all cheques to:

Hon. Treasurer, Sarah Brooke,
131 Vicarage Farm Road,
Wellingborough,
Northants.
NN8 5EU.

Club Clothing

If you need any items of club clothing for this coming season or you would like more information about the clothing please contact me on 01933 675379 or andrew@sonifex.co.uk

Price List

Short sleeved multidry road Jersey (short or long zip)	£30
Long sleeved, full zip, waffled thermal racing jersey (autumn)	£40
Long sleeved, full zip, Windtex fleece jersey (winter)	£50
Short sleeved or long sleeved skin suit with quality insert	£55
Gilet (sleeveless wind proof cover)	£38
Bib shorts with quality insert	£38
Standard shorts with quality insert	£35
Winter bib tights (Thermal type, with insert)	£40
Legwarmers	£23
Armwarmers	£17
Overshoes	£8
Gloves trackmits	£8
Socks with the 45 road club logo (pair)	£5

Clothing at special prices

We have some items that are new but are in the older style colours and are offering them at greatly reduced prices.

Long sleeved jersey, 1 size medium £15

Short sleeved skin suit, 1 size large, 40 chest £20

Drawstring shorts, 1 size large, 34 waist £10

Bibshorts, 2 size large, 34 waist £15 each

Bibshorts, 1 size medium, 32 waist £15

Probably the best 45RC club runs in the world

The club offers a couple of organised rides on Sundays and one on Saturday.

Saturday

The ride starts at 8.30am from outside the Lumbertubs pub in Northampton. This is a faster ride taken at anywhere from 16 to 20 mph average depending on the terrain and the weather, The distance ridden is about 50 to 60 miles. This only tends to run from autumn through the winter into spring as after this most of the riders are racing at the weekends.

Sunday

The ride starts at 8am from 41 John Grey Road in Doddington.

This is taken at a moderate pace 13 to 15 mph avg. for about 50 to 60 miles, and also includes a tea stop at a local café about half way round. This ride happens every Sunday and is usually a good run if you want a chat and to see some nice countryside in and around Northamptonshire.

Sunday

The other Sunday ride starts at 9.30am from outside the Horseshoe Pub in Sywell.

This is taken at a moderate pace 16 to 20 mph avg. for about 50 to 60 miles, and also includes a tea stop at a local café about half way round. This ride happens most Sundays and is usually an even paced ride and similar to the Saturday club run.

This is your newsletter, use it

If you would like any information about the club activities, or just pass on some information to the other club members, Would you like to place an advert in the next newsletter so that you could to sell your bike or bike parts or if you are looking for some parts.

Contact me with your info on 01933 675379 or andrew@sonifex.co.uk.

Or write to

131 Vicarage Farm Road,
Wellingborough, Northants.
NN8 5EU.

I will endeavor to help you.

45 Road Club Boxing Day 10mile Time Trial Results

Rider	Time	Club
1 Sam Barker	23.00	Leo RC
2 Robert Barker	24.09	Kettering C.C
3 Andy Wright	27.14	Guest
4 Melvyn Barker	28.02	45 Road Club
5 Simon Fitzhugh	30.03	45 Road Club
6 John Crisp	32.59	45 Road Club

A reasonable start to the early morning weather tempted a few to rise to the occasion and try to work off the previous days gastronomic excesses. The usual suspects, who had been talking up a good race for the 2 weeks before the event, were conspicuous by their absence, maybe due to a small amount of rain half an hour before the start or still just too full to race.

However the changeable weather did not put off a full contingent of the Barker family, turning out to try and complete another full sweep of the medals, which was only thwarted by a good effort from Andy Wright.

Melvyn judged his effort to perfection with a well-paced ride to finish as the fastest 45 Road Club member, and in doing so winning the Beer and Pudding trophy for another year.

Item for sale

Rear wheel: 28 spoke with Campag Omega rim (tubular) and Dura-ace screw on hub. Brand new never used £30 ono. Telephone Ian Donald on 01933 387467.

Richard Kilduff selling BH bikes

Richard Kilduff is in the process of setting up an internet retail company for anyone in the market for new kit. I will let him continue in his own words

I've set-up an internet retail company supplying triathlon kit and anything swim, bike & run I can get my hands on. Anyway I'm the process of setting up an account with BH Bikes who are suppliers to the Liberty Seguros - Wurth's pro cycling team www.bhbikes.com (check out the Global Concept) and getting together an order for my first shipment.

As anyone ordering a bike from me now will be helping me open an account with BH I'm offering anything from the current BH range at trade plus VAT.

Of course I'll also be offering club members a healthy discount once the website starts taking orders which should be around mid March.

Richard Kilduff

FitnessJunky Ltd

Tel: 07986 225579

Email: richard@fitnessjunky.co.uk

Web: fitnessjunky.co.uk

Give cyclists room

I'm writing to tell you about a grass-roots cycling campaign at givecyclistsroom.co.uk that was started through the Cycling Plus Forum.

Through discussion there and on other threads, we worked out that the single biggest cause of accidents and near misses involving cyclists is car drivers simply not giving us enough room. Now I know that most of you are reading this and thinking, well 'Duh!', and yes it is obvious, but only to us, not to the 'civilian' car driver.

You've seen it as often as I have, where you get 6" outside your elbow, or a car dives in front of you, only to brake hard for the LHJ, or they pull out on you ... "Sorry, mate. I didn't see you"

"I'm bloody head to bloody toe in day-glo & scotchlite. I've got twin spots that are brighter than the sun. How could you not have seen me?" You all know how it goes.

The other thing that we worked out is there are basically 3 types of driver.

1. The considerate and careful driver. Always give you loads of room & probably cycles themselves.

2. The consummate idiot who doesn't believe that you should be on the road. There's nothing we can do to change their behaviour. Just avoid them & collect registration numbers in the vain hope that one day you'll have a witness.

3. The regular driver. He's not particularly bothered about cyclists, but he doesn't always pay attention to them either. These are the targets of this campaign.

The idea is simple enough. The window stickers simply say 'Give Cyclists Room'. The logic runs to some degree of sociology involving 'ingroups' and 'outgroups', which you can read about in a simplified form on citycycling.co.uk when the new edition comes out on Friday. But the drip-feeding of the message is the key thing. And it works, or at least it appears to anecdotally. See the article for more detail.

We've got C+ behind us and we'll be sponsoring their letters page next month. The London Cycling Campaign are also going to be promoting us, and I hope you and your club will as well. Please have a look at the website, www.givecyclistsroom.co.uk,

We'll be supporting grassroots cycling charities out of the revenues raised and have already committed to support the Rhyl CC Memorial Fund, but we're also looking for further nominated charities.

Justin Beattie

Campaign Manager

www.givecyclistsroom.co.uk

Triathlon Cycling and Running 2006

The countdown has started to Triathlon Cycling and Running 2006. The UK's premier multisport and endurance show - 25th & 26th March, Sandown Park, Esher, Surrey.

This years event promises to be the biggest and best yet with over 130 exhibitors and 230 brands represented. At TCR06 you can not only see, but try and buy products and services from the top names in triathlon, cycling and running.

The event will feature Seminars and Workshops and the opportunity to participate in the EAS Indoor Time Trial, Taut Netfit Challenge and try the latest women's specific bikes in the Trek WSD, Fit for Women trialling area. For the latest update and a list of exhibitors visit <http://tcrshow.com>

45 road club race dates and course information

Date	Day	Distance	Course number	Start Point and Course details	Start time	Club Competition
19 March	Sunday morning	25 Miles	N7/25	Earls Barton (Agate way) A45 - Stanwick RB - Billing FO - Earls Barton	7.30am	
5 April	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
12 April	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
19 April	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
26 April	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
30 April	Sunday morning	25 Miles	N7/25	Earls Barton (Agate way) A45 - Stanwick RB - Billing FO - Earls Barton	7.30am	Cosford Cup
3 May	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
10 May	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
17 May	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
24 May	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
31 May	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	S.O.S
7 June	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
11 June	Sunday morning	25 Miles	N7/25	Earls Barton (Agate way) A45 - Stanwick RB - Billing FO - Earls Barton	7.30am	Middle Markers
12 June	Monday evening	9 + 2 Miles	NC15	The Village Hall in Old - Cycle, Old - Red Lodge - Foxhall - Lamport - Old. Run, Mill Lane.	7.00pm	Duathlon (BTA rules)
14 June	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
21 June	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
25 June	Sunday morning	25 Miles	N7/25	Earls Barton (Agate way) A45 - Stanwick RB - Billing FO - Earls Barton	7.30am	Handicap Championship
28 June	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
2 July	Sunday afternoon	0.85 Miles	N7/10	Orlingbury turn off the A43 (Red House Road) Wythemail Park Wood to Orlingbury	4.00pm	Time Trial Series
3 July	Monday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	7.30pm	Time Trial Series
4 July	Tuesday evening	8 Miles		Pitsford circuit - Pitsford causeway - Holcot - Walgrave - Old - Scaldwell - Brixworth - Holcot	7.30pm	Time Trial Series
5 July	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	Time Trial Series
6 July	Thursday evening	3.85 Miles	NCC13	Whiston (Main Road) Whiston - Grendon - Whiston	7.30pm	Time Trial Series
12 July	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
16 July	Sunday morning	25/30 Miles	N7/25	Earls Barton (Agate way) A45 - Stanwick RB - Billing FO - Earls Barton	7.30am	Nimi Brutus 30 & 25
19 July	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
26 July	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	
30 July	Sunday morning	25/50 Miles	N7/25	Earls Barton (Agate way) A45 - Stanwick RB - Billing FO - Earls Barton	7.30am	50 Championship 25 & 50
31 July	Monday evening	9 + 2 Miles	NC15	The Village Hall in Old - Cycle, Old - Red Lodge - Foxhall - Lamport - Old. Run, Mill Lane.	7.00pm	Duathlon (BTA rules)
2 August	Wednesday evening	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	7.30pm	S.O.S
9 August	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
16 August	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
21 August	Monday evening	9 + 2 Miles	NC15	The Village Hall in Old - Cycle, Old - Red Lodge - Foxhall - Lamport - Old. Run, Mill Lane.	6.45pm	Duathlon (BTA rules)
23 August	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
30 August	Wednesday evening	11 Miles	NCC13	Whiston (Main Road) - Grendon - Cogenhoe - Brayfield - Denton - Castle Ashby - Whiston	6.45pm	
17 September	Sunday morning	1 Mile	NCHC15	Cottesbrooke to Haselbech Road, Shutterdown spinney to top of Haselbech hill	10.30am	Hill Climb Trophy
26 December	Monday Morning	10 Miles	N7/10	Earls Barton (Agate way) A45 - Doddington FO - Billing FO - A4500 RB - Earls Barton	11.00am	Beer and Pudding